



Sony MDR-XB450AP Extra Bass Headphones

Swivel Plastic Cover Replacement

In this guide we will show how to successfully replace the plastic cover that protects the swivel of the headphones.

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INTRODUCTION

This guide will provide instruction for replacing the swivel plastic cover on the Sony Extra Bass headphones. This piece encases the swivel piece and can get damaged through wear and tear.



TOOLS:

- [JIS Driver Set](#) (1)
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Step 1 — Swivel



- Begin by laying the headphones down flat with the speakers facing up.
- ⚠ Be sure to unplug the headphones from any other devices.

Step 2



- Next, take out the screws that hold the front plate, using a J00 screwdriver.
- Repeat for both the left and right screws.
- ⓘ These screws are very small. It is helpful to have a spot prepared to put the screws to avoid losing pieces.

Step 3




- Now that the screws have been removed, pull away the plastic casing that covers the swivel piece (directly above the speaker).

Step 4



- Now that the swivel piece is exposed, use a J00 screwdriver to unscrew the center screw.
- Repeat this process on both sides if necessary.

 This center screw is the piece that retains the swivel action, unscrew completely and remove to replace.

Step 5 — Swivel Plastic Cover



- With the swivel screw removed, remove the plastic casing.

Step 6



- Using a little amount of force, slide the plastic cover off of the headband.

Step 7



- Pull the plastic until the cover is fully removed.

To reassemble your device, follow these instructions in reverse order.

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